

Personal Determinants and Their Relation to Health Assets as Mediated by Role Transition Response: Basis for a Retirement Preparation Program

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Abstract: This study sought to find out the relationship of personal and behavioral determinants and health assets as mediated by role transition among retired population. Data were collected from randomly selected towns and cities nationwide. The study respondents were 268 retirees purposively chosen from Luzon, Visayas, and Mindanao. They were retired for at least one year and above, aged 57- 99, in their proper frame of mind and not currently diagnosed with Alzheimer's disease or experiencing any of such kind. The majority of the retirees were female, college graduate with a monthly income of 10,000 pesos and above and they enjoy hospitalization benefits. The results revealed that the retirees perceived having a good physical environment and social support. The transition response in terms of depression was low; attachment was fair, while empowerment and integrity were high. Health assets in terms of subjective health was fair, functional health was good and majority were pre-hypertensive and mildly undernourished in terms of biological health. Study shows that personal determinants and transition response are interrelated. Moreover, the role transition response affects the health assets in terms of subjective health and functional health. Furthermore, personal determinants in terms of social support and physical environment do not have impact to subjective health. The relationship between personal determinant in terms of social support and health assets in subjective and functional health was fully mediated by the role transition response. Based on the result of the study a retirement preparation program was developed.

Keywords: Retirement, personal determinants, health assets, role transition response